

# STAY SAFE WHILE HAVING FUN IN THE SUN



## STAY HYDRATED

Drink water before  
you get thirsty

## WEAR SPF SUNSCREEN

Reapply sunscreen  
every two hours



## CHECK THE WEATHER

Be prepared and bring sunglasses  
and a hat if it is sunny



## SUPERVISE KIDS AROUND WATER

Accidental drowning  
can happen quickly

